Protecting Yourself and Your Partners from HIV

This program is presented by the Centers for Disease Control and Prevention.

February 7 is National Black HIV/AIDS Awareness Day, a time to take action to fight HIV in black communities. If you are sexually active, you may be at risk for HIV. However, HIV is entirely preventable, and there are things we can all do, starting today, to protect ourselves and our partners.

Not having sex or being sexually active with only one person who has agreed to be sexually active only with you are some of the best ways to protect yourself from HIV. Using a condom consistently and correctly each time you have sex lowers your risk of getting HIV, as well. Reducing the number of sexual partners also is very important. If you inject drugs, use clean needles and never share them.

If you have been diagnosed with HIV, medicines, called antiretroviral therapy, or ART, can lower the level of virus in your body. ART helps people with HIV live longer, healthier lives and also lowers the chances of passing HIV on to others.

Now getting an HIV test is the first step in finding out if you have HIV and getting the medical care needed to protect your health and the health of your loved ones.

To find an HIV testing center near you, go to www.hivtest.org.

For the most accurate health information, visit <u>www.cdc.gov</u> or call 1-800-CDC-INFO.